



# WASH YOUR HANDS



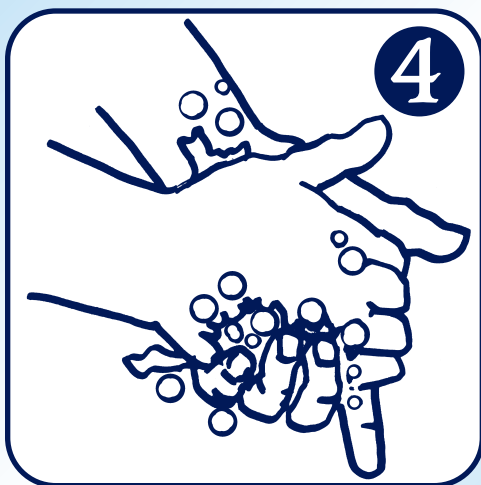
***Start with warm  
or hot water***



***Use soap and  
make a lather***



***Rub and scrub  
thoroughly for  
20 seconds***



***Scrub palms,  
back of hands,  
between fingers  
and under  
fingernails***



***Rinse well,  
and then use  
a paper towel  
to shut off  
the faucet***



***Dry hands  
completely***